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Wisconsin Olympians visit Chetek in support of Movin' and Munchin' Schools program

A gym full of area students can now say they've met a pair of Olympic athletes.

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Wisconsin Olympians visit Chetek

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More than 900 people gave Olympians Casey FitzRandolph and Suzy Favor Hamilton a warm welcome on Tuesday before they stressed just how important it is to stay fit. Font Size: [A](#) [A](#) [A](#)

"I just love motivating kids to get out and exercise and have fun and eat right," Hamilton said. "All those components go together to have a healthy life."

FitzRandolph is a gold-medal speed-skater from Madison, while Hamilton is a three-time Olympian track star who graduated from Stevens Point High School.

"It's about the kids, quite frankly," FitzRandolph said. "To see how fired up they get at these events...to see how fired up they are leaving...to share their success stories when they've done Movin' and Munchin' programs in the past."

The non-profit WEA Trust, which insures many of the state's public school employees, calls Chetek a strong leader in the Movin' and Munchin' Schools program.

The Olympians had students at the assembly running in place, and doing push-ups. The goal is to keep the kids away from the TV or computer, and get them outside and active.

"It's very convenient to sit on the couch and do those things. It's not as convenient to go outside and find something to do," FitzRandolph said.

Every student we talked to was very excited to welcome Hamilton and FitzRandolph to town.

"I think it was just great that we got to have the two Olympians come to our school that was really fun! Awesome. I liked that," a girl told us.

"I'll probably go outside a lot more often," said 5th grader Alex Timm.

If that's any indication, the visit will only encourage students to keep "Movin' and Munchin'" their way to fitness, and convince their families to do the same.

The program's website shows Longfellow and Sam Davey Elementary Schools in Eau Claire are two of the participating schools.

They're all considered for a \$500 award toward improving their nutrition and phy ed programs.

FitzRandolph and Hamilton also visited the Spooner School District in support of the program today.